

Grade 5

Motor Skills and Movement Patterns

1. Demonstrates appropriate pacing for a variety of running distances. (S1.E2.5)
2. Combines locomotor skills in cultural as well as creative dances (self and group) with correct rhythm and pattern. (S1.E5.5)
3. Catches with reasonable accuracy in dynamic, small-sided practice tasks. (S1.E16.5c)
4. Demonstrates mature patterns of kicking and punting in small-sided practice task environments. (S1.E21.5)
5. Combines traveling with manipulative skills (dribbling, throwing, catching, and striking) in a small-sided activity. (S1.E26.5)

Concepts, Principles, Strategies, and Tactics

6. Applies movement concepts to strategy in game situations. (S2.E3.5a, S2.E3.5b, S2.E3.5c)

Fitness Knowledge and Skills

7. Differentiates between skill-related and health-related fitness components. (S3.E3.5)
8. Analyzes the results of fitness assessments and compares with the correct corresponding fitness components for good health. (S3.E5.5a)

Responsible Personal and Social Behavior

9. Gives corrective feedback respectfully to peers. (S4.E3.5)

Values Physical Activity

10. Expresses (via written essay, visual art, creative dance, or other media) the enjoyment and/or challenge of participating in a favorite physical activity. (S5.E2.5)